

How to Follow a Picture Recipe

Children love to cook or help prepare the foods they eat. It gives them a real sense of accomplishment. Cooking with a teacher or parent provides a wonderful opportunity to choose healthful foods, to talk about where the foods come from, and to encourage healthful eating choices.

Following a recipe, even a picture recipe, uses simple math skills like measuring and fractions, and develops food safety skills. Because the steps in the recipe must be done in a certain order, children learn sequencing and pre-reading skills. The picture recipe allows children to learn new words and concepts. Stirring, slicing, and mixing help young children develop fine motor skills and eye-hand coordination.

Create a picture recipe for individual fruit salads and allow the children to follow the recipe. Here is how you get started.

Step 1: Draw a Picture Recipe

Things you'll need

- poster board
- markers or crayons
- pictures of kitchen utensils and ingredients for fruit salad
- tape



Things you'll do

On poster board, tape pictures of ingredients. Assemble the ingredients ahead of time and put on plates or in serving bowls. Arrange ingredients on the table in the order they should be added.

Next to each ingredient, draw a picture of how much of each ingredient should be added to each child's bowl.



For fruit salad:

- 4 pieces of apple slices cut into cubes 
- 2 slices of banana 
- 1 piece of orange 
- 2 tablespoons of yogurt 

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Step 2: Make Fruit Salad

Things you'll need

Ingredients for Fruit Salad

- apples, cored and sliced
- oranges, peeled and sliced
- bananas, peeled
- plain or flavored lowfat yogurt

Be sure to have plenty of ingredients on hand for each child to make their own fruit salad. *

Each child will need

- small bowl
- fork
- napkin
- plastic serrated knife
- cutting board or surface such as a small plate

Things you'll do

Clean and sanitize the table where the children will work before you begin the activity. Make sure all children wash their hands with warm water and soap for at least 20 seconds. Children should always wash their hands before any activity involving food.

Explain that a recipe is a set of directions for making something to eat. Each child should *read* the picture recipe and

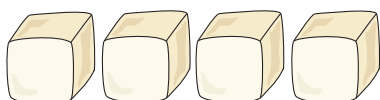
- dice 4 pieces of apple and put in the bowl,
- cut 2 slices of banana and add to the bowl,
- add 1 pieces of orange to the bowl,
- top with 2 tablespoons of yogurt, and then
- mix the ingredients.

While the children are doing the activity, talk about the different colors, sizes, and shapes of the salad ingredients. Talk about the flavors and how good the fruits taste. Tell children fruits are important for energy and to help prevent colds and heal cuts. Enjoy the fruit salad together as a snack.

*Child and Adult Care Food Program Food Components

If using the fruit salad as part of a reimbursable snack, make sure the children have used enough ingredients to have a reimbursable snack. Children ages 3 to 5 should have 2 ounces of lowfat yogurt and $\frac{1}{2}$ cup of fruit.

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Breakfast Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Oatmeal with brown sugar Diced peaches Milk	Blueberry Muffin A-03 ¹ Grape juice Milk	Pancake A-12 ¹ Pineapple chunks Milk	Biscuit using Master Mix A-09B ¹ Orange sections Milk	Unsweetened whole-grain cereal variety Fresh strawberries Milk

Lunch Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Baked potato topped with Cheese Sauce C-07A ¹ , diced ham, and steamed broccoli Whole wheat roll Milk	Grilled Sandwich F-03 ¹ Split Pea Soup H-02 ¹ Waldorf Fruit Salad E-14 ¹ Milk	Beef-Vegetable Stew D-16 ¹ Fresh pear slices Corn Muffin A-02 ¹ Milk	Black bean and corn quesadilla with cheddar cheese Lowfat yogurt Apple slices Milk	Chicken Nuggets D-09B ¹ Green beans Diced apricots Whole wheat roll Milk

Snack Menus

Monday	Tuesday	Wednesday	Thursday	Friday
Hard cooked egg Graham crackers Water ²	Cheddar cheese Wheat crackers Water ²	Yogurt Fruit Dip G-04 ¹ Apple slices Water ²	Pineapple Scone A-01 ¹ Milk Water ²	Peanut butter ³ Whole-grain crackers Water ²

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Water is suggested as a beverage for all snacks even when other beverages are offered to encourage children to drink water.

³Sunflower butter may be substituted for peanut butter.

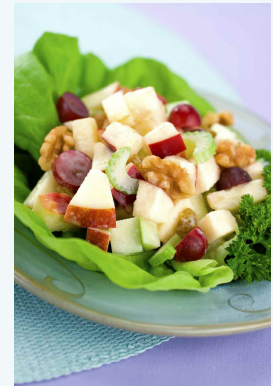
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Recipe to Try

Here is a more elaborate fruit salad to serve with lunch. Red apples make a very attractive salad. For very young children, make sure that all the items in the salad are identifiable to increase the likelihood that they will eat it.

Waldorf Fruit Salad – E-14¹

Fresh apples, cored, unpeeled, diced	1 qt ½ cup
Lemon juice	2 Tbsp
Canned mixed fruit, chilled, drained	3 ½ cups (1 ½ No. 2-½ cans)
Fresh celery, chopped (optional)	1 cup
Raisins (optional) ²	1 cup
Reduced calorie salad dressing	¼ cup 2 Tbsp
OR	
Lowfat mayonnaise	¼ cup 2 Tbsp
Ground nutmeg (optional)	¼ tsp
Chopped walnuts (optional)	1 cup



Sprinkle apples with lemon juice to prevent discoloration. Combine apples, mixed fruit, celery (optional), raisins (optional), salad dressing or mayonnaise, and nutmeg (optional). Mix lightly to combine. Spread 3 lb 7 oz (approximately 2 qt) into pan (9" x 13" x 2"). CCP: Cool to 41 °F or lower within 4 hours. Cover. Refrigerate until ready to serve. Add walnuts before service. Toss lightly. For best results, use same day. Portion with No. 12 scoop (⅓ cup).

Yield: 24 ⅓ cup (No. 12 scoop) provides ¼ cup of fruit.

¹USDA Recipes for Child Care. Available online at www.nfsmi.org.

²Raisins can be choking hazards for young children.

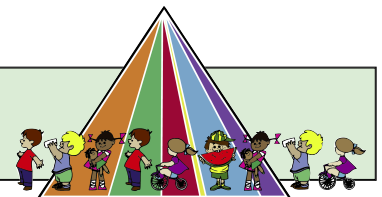
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